



## Transcript: Lizzie's 10 top tips for keeping active video

Hello there. My name is Lizzie Davis, and I am a cancer exercise specialist, and I've been working with people with blood cancer and other cancers for over 10 years now. And prior to that, I was an oncology nurse. What motivates me on a daily basis is just seeing how much physical activity can influence and impact daily life really, whether that's on a physical level or on an emotional level. And I think the benefits can just be extraordinary.

So here are my top 10 tips for getting more active.

1. Avoid long periods of inactivity, move more and more often.
2. Integrate physical activity into your daily routine as much as you can.
3. Exercise when your energy levels are at their best.
4. Set timely and achievable goals start with a short term one, build up to a midterm one, and then maybe even set a long term one.
5. Keep a record of all your efforts so you can track your progress, use an activity diary or even an app on your phone.
6. Customize your exercise each day so that you can allow for any changes that you might be feeling in your body, whether that's physical or emotional.
7. If you haven't exercised for a while, then start small. This could be as little as five minutes, and perhaps doing five lots of five minutes throughout the day, just that you can build up slowly and gradually.
8. And I think this is very important. Do something that you enjoy, or perhaps even try something new.
9. Don't be too hard on yourself. The rewards will come. Try to remember the three P's, plan, prioritize and pace. So plan your day or your week. Prioritize what's important for you each day, and then just pace yourself according to how you feel.
10. You don't have to do it alone, so find an exercise buddy or a local class, or look online.